## Amendments to the claims

This listing of the claims will replace all prior listing and versions of the claims in this application.

Claim 1 (currently amended): A flavored capsule suitable for encapsulating a dose of fish oil, comprising: a)a forming agent chosen from the group consisting of gelatin and vegetable starch; b) a capsule softener; c) water; and d) a water soluble flavoring, said water soluble flavoring dissolved in said gelatin\_combined with said forming agent, said capsule softener, and the water, wherein said capsule softener is present in the range of about 10% to about 35%, the water is present in the range of about 6% to about 10% and the water soluble flavoring is present at a concentration greater than 0.2%.

Claim 2 (original): The flavored capsule of claim 1, wherein the forming agent comprises gelatin and the capsule softener comprises a polyol.

Claim 3 (original): The flavored capsule of claim 1, wherein the forming agent comprises vegetable starch and the capsule softener comprises a polyol.

Claim 4 (original): The flavored capsule of claim 2, wherein the polyol comprises sorbitol or glycerol.

Claim 5 (original): The flavored capsule of claim 3, wherein the polyol comprises sorbitol or glycerol.

Claim 6 (previously presented): The flavored capsule of claim 2, further comprising a dose of fish oil encapsulated therein.

Claim 7(previously presented): The flavored capsule of claim 3, further comprising a dose of fish oil encapsulated therein.

Claim 8 (original): The flavored capsule of claim 6, further comprising an oil soluble flavoring in the fish oil dose.

Claim 9 (original): The flavored capsule of claim 7, further comprising an oil soluble flavoring in the fish oil dose.

Claims 10-13 (cancelled).